

## Rotisserie Cooking Adds Meal Planning



**BEA WEBB**  
Southern California  
Gas Co. Home Economist

Plan easier meals with the use of a rotisserie on your modern gas range. Foods cooked on a gas rotisserie are self-basting and require little or no attention during the cooking process. Common questions that we receive concerning the use of the rotisserie have to do with what meats to cook and how long to cook them.

Many women, and some butchers too, are of the opinion that if meat is rolled with a layer of fat on the outside it is suitable for cooking on the rotisserie. That is not always the case, particularly with beef.

Rotisserie cooking is a dry-heat method of cooking, and meats to be cooked in this fashion must be tender. If the roast is tender enough for open pan roasting in the oven it should be fine on the rotisserie. (A pork roast is an exception, because it may become too brown before it is thoroughly done.)

The rolled rib is first choice of beef roasts for the gas rotisserie. Some times the rolled shoulder or rump cuts, if they are from top quality beef and well marbled with fat, may be used. These last two cuts will be best if cooked only rare or

medium. No part of the round roast is tender enough for "rotissing."

Other meats suited to rotisserie cooking include young roasting fowl, tenderized ham and leg of lamb. Be sure to have the ham or lamb boned, rolled and tied so it will be easy to put on the spit.

Shishkabob, pre-cooked spareribs and ready-to-eat specialties such as wieners and luncheon meats make fine gas rotisserie features, too.

Cooking meats under the lively blue flame in the broiler-rotisserie of your gas range develops a particularly delicious flavor. If you are not using your rotisserie, you are missing some wonderful treats as well as easy to fix meals.

### BLUE FLAME ROTISSERIE COOKING CHART

Put first skewer-fork on spit. Insert spit through center of meat, distributing weight evenly. Secure with second skewer-fork. Place in position. Remove spit handle. Close door; turn on rotisserie; adjust flame. (Tie poultry wings and legs securely to body.)

Meat is self-basting as it turns. Basting with sauce is optional.

Cornish hens, small, 1½ hrs., low flame; Long Island Duckling, 4 to 5 lbs., 2 to 2½ hrs., low flame; chicken, 2 to 3 lbs., 1½ to 2 hrs., low flame; turkey, 6 to 10 lbs., 2½ to 3 hrs., low flame; leg of lamb, 5 to 7 lbs., 2½ to 3 hrs., low flame; Beef, rolled rib, 6 to 8 lbs., 2 to 2½ hrs., low flame.

Ham, tenderized, 6 to 8 lbs., 1 to 2 hrs., low flame; Kabobs, 1½ to 2 inch cubes, 2 lbs., 20 to 25 minutes, high flame; Wieners, 10 to 12 minutes, high; spareribs, precooked, baste, 30 to 40 minutes, low flame.

When using rotisserie in built-in range set oven dial at 350 to 400 deg. for "low flame." Set dial at Broil for "high flame."

## Food File Favorites

By **RONNIE SAUNDERS**  
Women's Editor

Shortly before Christmas last year a group of Torrance adults who'd been taking a UCLA extension discussion-course in a local living-room decided to wind up the class at a party at the home of the Donald Salks.

Everybody was to bring something to eat. It was a tremendously successful party. So much so, in fact, that before the evening was over everybody was swapping recipes for the goodies they'd brought.

Ordinarily your editor is a cautious woman. Ordinarily she checks her recipe file and writes things down when someone asks for the ingredients. But there are exceptions to everything. And last December was your editor's exception.

When half a dozen persons asked for the recipe to Walnut Pie, success went to my head — I admit — and I found myself reeling it off from memory. Only something went wrong. When I got home and checked, I discovered my memory had played me tricks. To the half dozen persons I told that walnut pie called for one egg. I would like to apologize. It's three eggs. And to those of you who've never made it, walnut pie IS a cinch to bake; and it IS delicious. But it DOES call for THREE eggs.

**WALNUT PIE**  
3 eggs, well beaten  
1 cup sugar  
1 cup graham cracker crumbs  
½ cup chopped walnuts  
Tart jelly (I like apple jelly)  
Whipped cream

Best eggs well. Combine sugar, cracker crumbs, and walnuts. Add to beaten eggs, mixing well. Pour into a greased 9-inch cake pan and bake 20 to 25 minutes in a moderate oven. (350 deg.). Cool in pan; spread with jelly; then top with whipped cream. Cut in wedges to serve.

**ELECTION**  
St. Matthew Lutheran School Parent-Teachers-League meeting will be at 7:30 p.m. Tuesday, May 2. Election of officers will precede installation. Rev. E. M. Passow will be the speaker. His topic will be "As a Man Thinketh So Is He." Principal Mr. A. W. Wachholz announces registration for St. Matthew Lutheran School will be Thursday and Friday, May 23 and 24; from 3 to 4 p.m. and 7 to 9 p.m.



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